

Screening for Obstructive Sleep Apnea During Commercial Driver Medical Examinations

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Abstract

Objective

To evaluate consensus criteria for screening commercial drivers for obstructive sleep apnea (OSA).

Methods

Consecutive drivers underwent OSA screening using Joint Task Force consensus criteria at commercial driver medical examinations. Outcomes included: clinical yield of screening; and drivers' compliance with polysomnography (PSG) referrals and OSA treatment.

Results

Among 456 drivers, 53 (12%) were referred for PSG, and 20/20 were confirmed to have OSA, supporting a high predictive value. The other 33 drivers referred for PSG were lost to follow-up but demonstrated no significant differences from those with confirmed OSA. After diagnosis, only one of 20 drivers with confirmed OSA demonstrated treatment compliance.

Conclusions

Drivers identified by the consensus criteria have a high likelihood of OSA. Drivers' poor compliance with PSGs and OSA treatment support federally mandated screening of commercial drivers.